

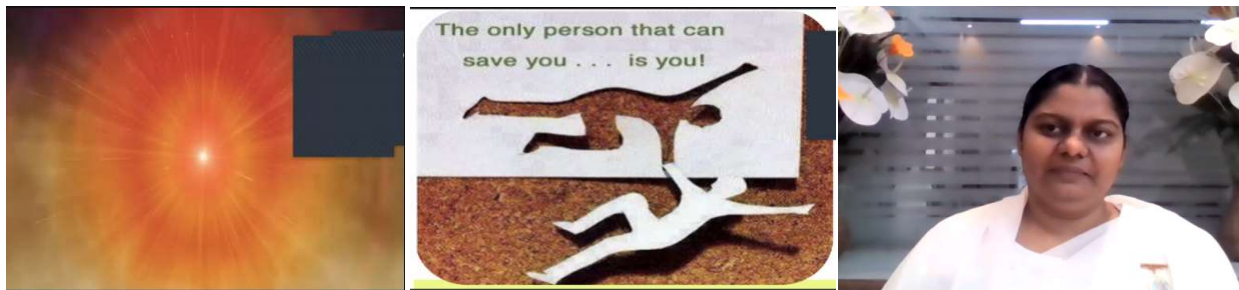
MANAGEMENT WEBINAR

ON

“OVERCOMING STRESS OF UNCERTAINTIES”

25th May 2021

The Management Webinar was organized by Internal Quality Assurance Cell and NSS club of Gitarattan International Business School on 25th May 2021 for the students of Management program. The theme was “Overcoming Stress of Uncertainties”. The Institute conducts several webinars for its students to develop their overall social and industrial skills. This time our Institute went beyond these aims and took an initiative to help faculty members, students and their respective families to combat the stress caused by uncertainties during the pandemic.



The theme was well presented and explained by Sister Divya from Om Shanti Retreat Centre, Gurugram. Sister Divya came in contact with the Brahma Kumaris organization at an early age. In 2012 she decided to dedicate her life to the organization for the noble cause of building a value-based society.

During the session she explained how the circumstances and people around us influence our peace of mind. She opined that if we remain focused and calm internally then we can face any challenge and uncertainties in life. She said that the word ‘stress’ is a disease and it cannot help us to deal with our problems. She also discussed how human beings always blame the situations and people around them to be the reason of stress but actually they themselves create their troubles.

Towards the end of the session the audience meditated for two minutes to relax their mind. The session ended with vote of thanks by NSS Club Coordinator-Dr. Kalpana Devi.

Prepared by Ms. Swati Sharma, Assistant Professor, GIBS